[

](https://accounts.google.com/SignOutOptions?hl=en&continue=https://www.google.com/search%3Fq%3Djiu%2Bjitsu%2Bwarm%2Bup%2Bexercises%26client%3Dms-android-dish-us-rvc3%26hs%3Dh1Q%26sca_esv%3D7aba92e595da3466%26sxsrf%3DANbL-n49jBnDRP7bsyH5HdN1KYgoSOLegQ:1777048839770%26udm%3D50%26fbs%3DADc_l-aHJKCxetkbp8HihrVlWP2E1iNtw1c6Bqm2EL8gFYaWSYxrIPO0Uw9d1XjTJ7RJppL790OXFPF0-JJs7uS9dZ815jimvi6CyjzxdPqgRRWUY1uePDLZfkXrVvj_GrVGBEb63wzOrGt7NRu-7WL-wmfb3vL-91l6dWOS_4QRbE-F9E6MIn08-fvdiYWyBQvyH5iieFp-HIqmaOpBEN8pjZ30g9x9_TOv5JQtn9ICt2Sv-TKbPNU%26aep%3D1%26ntc%3D1%26sa%3DX%26ved%3D2ahUKEwiZ-N7m9oaUAxWVhYkEHYB-OGcQ2J8OegQIDBAE&ec=futura_srp_og_si_72236_p)

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Effective Brazilian Jiu-Jitsu (BJJ) warm-ups prepare the body for high-intensity grappling by increasing core temperature, mobilizing key joints, and reinforcing fundamental movement patterns. A standard routine typically includes dynamic mobility, solo grappling drills, and sport-specific movements.

seekprogress.com +4

Fundamental Grappling Drills

These movements mimic common positional escapes and transitions.

Hip Escapes (Shrimping): Essential for creating space and escaping bottom positions.

Technical Stand-Up: A core self-defense and grappling movement for getting back to your feet safely.

Shoulder Bridges: Activates the posterior chain (glutes and hamstrings), which is vital for escaping mount or side control.

Forward and Backward Rolls: Builds coordination and spatial awareness for safe falling and transitions.

Granby Rolls: Enhances shoulder mobility and is a key movement for guard retention.

YouTube +3

Dynamic Mobility & Animal Movements

These full-body exercises engage the core and stabilize joints like the shoulders and hips.

Bear Crawls: Develops shoulder stability and overall body coordination.

Spiderman/Jacare Crawls: A low-to-the-ground crawl that opens the hips and builds core strength.

Sit-Outs (Hip Switches): Improves fluidity in scrambles and strengthens the obliques and shoulders.

Cossack Squats: Focuses on lateral mobility and opening the inner thighs (adductors).

90/90 Hip Swings: Excellent for opening the hip flexors and improving rotational mobility.

YouTube +4

Joint-Specific Activation

Grappling places high stress on certain areas that require targeted warming:

seekprogress.com +1

Neck: Controlled rotations (side-to-side and circular) to prepare for pressure from head control and takedowns.

Shoulders: Arm circles and shoulder rolls to prime the joints for framing and grip fighting.
Wrists and Fingers: Gentle stretching and movement, especially important for Gi practitioners who rely heavily on grips.
BJJ Fanatics +2
For a breakdown of 16 essential BJJ mobility drills for all levels:
11:18

16 BJJ Warm Up Drills Every White Belt Must Do!
YouTube • BIG OSS Jiu-Jitsu Channel

For a demonstration of 20 foundational BJJ movements to master:
03:31

How to warm up for BJJ | 20 Jiu Jitsu Warm-up movements to master
YouTube • Ben Egli

Would you like a specific home-based routine that requires no mat space?
Which response is better?
Your feedback helps make AI Mode better for everyone, including you.
Option AOption B
Response A
6 sites
Here’s your generated image.
Are you looking for information on a specific female judoka, or are you interested in learning about the most famous and influential female judo athletes in history?
Legendary & Famous Female Judokas

Ryoko Tani (Tamura)
: Widely considered by the International Judo Federation as the greatest female judoka ever. She won a record 7 World Championships and 5 Olympic medals (2 gold) in the 48 kg division.

Ronda Rousey
: Before her massive fame in the UFC, she was the first American woman to win an Olympic medal in judo (Bronze, 2008).

Daria Bilodid
: At just 17 years old, this Ukrainian athlete became the youngest senior world champion in the sport's history.

Clarisse Agbegnenou
: One of the most dominant forces in modern judo history, winning six World titles and multiple Olympic golds.

Christa Deguchi
: Made history by becoming the first Canadian ever to win an Olympic gold medal in judo (Paris 2024).
Wikipedia +5
Would you like a breakdown of the current world rankings for women's judo, or a look at the rules and weight classes?
Images generated by AI may be inaccurate, misleading, or offensive. Learn more
A is betterSkipB is better
Thanks for letting us know. Your feedback helps make AI Mode better for everyone, including you.
AI Mode response is ready
Ask about

Response **B** is better. It stays on topic, gives a useful answer to the jiu-jitsu warm-up query, and includes concrete examples plus a follow-up option. The alternative response is unrelated and appears to switch to a different topic, so it does not answer the user’s request well. The Olympics source confirms that Christa Deguchi became Canada’s first Olympic judo champion, showing that the kind of factual support in B is grounded in verifiable information.[1][2]

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1. https://www.olympics.com/en/news/paris-2024-christa-deguchi-becomes-canada-first-judo-olympic-champion
2. https://www.nbcolympics.com/news/judo-101-olympic-competition-format
3. https://journals.ekb.eg/article_429351_71555b3ab12489dd6482b47d939262df.pdf

4. https://en.wikipedia.org/wiki/Judo_at_the_2024_Summer_Olympics

5. https://www.youtube.com/watch?v=F3TUX4Z9G0A

6. https://www.youtube.com/watch?v=jJ5BekfHd9c

7. https://www.ijf.org/wrl_olympic?category=9

8. https://www.reddit.com/r/judo/comments/1atq7tj/question_about_weight_classes/

9. https://octagonmma.com/5-warm-up-exercises-perfect-for-a-jiu-jitsu-gym-training-class/

10. https://www.youtube.com/watch?v=qyTWLyp4TXs